Macronutrients





What are my 'macros'?

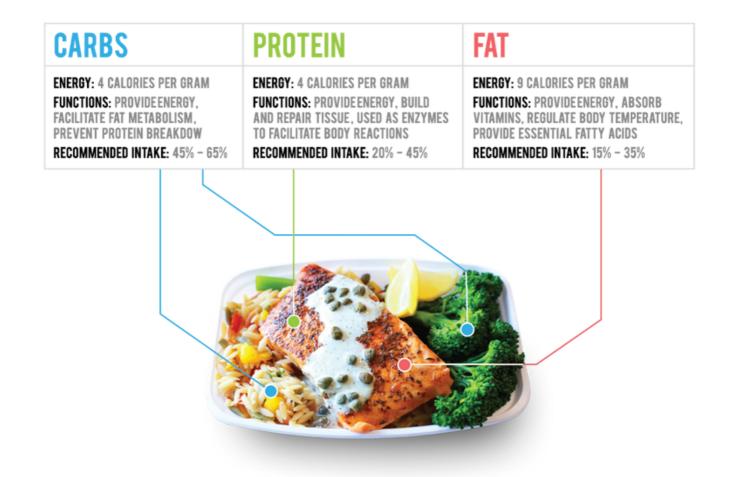
The term macronutrient is given to the three largest nutrients in the diet.

Most of the energy (calories) that we get from our food will come from one of these three: carbohydrates, protein and fat.

Micronutrients are termed so, because they are smaller and do not contain calories, but are equally as important. When it comes to nutrition principles, macronutrients are always discussed first in the nutrition hierarchy as they provide calories (energy).



There is no need, or reason, to cut out any of the three macronutrients from your diet.





Achieving Balanced Meals

A balanced meal contains all 3 macronutrients

